WHEREAS, Burnout affects physicians at all levels of training; 28 to 45% of medical students, 27
to 75% of residents and around 37% of attending physicians experience burnout at various
stages of their career;\(^1\)\(^2\) and

WHEREAS, The consequences of physician burnout are significant. Apart from the emotional and
physical toll it takes on the physician and their families, it threatens our U.S. health care system
and affects patient safety, quality of care and health care costs; and

WHEREAS, Depending on age and gender, 6 to 23% of physicians have used non-prescribed
opiates, benzodiazepines, alcohol and other substances;\(^3\) and

WHEREAS, A large majority of health care organizations have no programs to prevent or combat
physician burnout and promote wellness. Some hospitals have fragmented programs or
committees due to lack of support from leadership, administration and budget; and

WHEREAS, Stanford Medical School and Hospital is the first hospital in the country to appoint a
chief wellness officer;\(^4\) and

WHEREAS, Mayo Clinic has also implemented a physician well-being program managed by
wellness officers;\(^5\) and

WHEREAS, Very few medical societies are developing physician wellness and resilience
programs; therefore be it

RESOLVED, That our American Medical Association advocate for health care organizations to
develop a wellness plan to prevent and combat physician burnout and improve physician
wellness (Directive to Take Action); and be it further

RESOLVED, That our AMA advocate for state and county medical societies to implement
wellness programs to prevent and combat physician burnout and improve physician wellness.
(Directive to Take Action)

Fiscal Note: Minimal - less than $1,000.

Received: 09/22/17

References:
December (2015); 90(12); 1600-1613
\(^2\) Medscape, “Medical Resident Burnout Reaches Epidemic Levels”; May 2015
\(^3\) Medscape, “Drug and Alcohol Abuse: Why Doctors Become Hooked”, May 6, 2015
news/2017/06/stanford-medicine-hires-chief-physician-wellness-officer.html
\(^5\) Mayo Clinic, “Physician Well-Being Program”, http://www.mayo.edu/research/centers-programs/physician-well-being-program/overview